



Case Study

AYURVEDIC APPROACH TO SHEETA PITTA WITH SPECIAL REFERENCE TO URTICARIA

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ABSTRACT

Sheeta Pitta (urticaria) is a hypersensitivity disorder characterized by recurrent wheals, itching, and erythema, commonly associated with *Doṣhic* imbalance and immune dysregulation. In Ayurveda, *Sheeta Pitta* is primarily caused by the vitiation of *Vata* and *Pitta Doṣha* along with involvement of *Kapha*, leading to disturbance in *Rasa* and *Rakta Dhatu*. The present case report describes the successful Ayurvedic management of a 50-year-old female patient with *Sheeta Pitta* associated with fatty liver (*Yakṛit Vikara*) treated at Jeena Sikho Lifecare Limited Hospital, Ajmer, Rajasthan. The patient presented with symptoms of *Pratiśyaya*, *Śarīra Śhūla*, *Daurbalya*, *Udar Śhūla*, *Vibandha*, *Anidra*, and *Cittodvega*, indicating *Vata-Kapha Doṣha* vitiation with impaired *Agni* and *Manovaha Srotas* involvement. The therapeutic regimen included *Panchkarma* interventions along with individualized Ayurvedic medications, dietary regulation, and lifestyle modification. A significant reduction in serum IgE levels was observed from 900IU/mL to 99IU/mL, along with marked clinical improvement and resolution of hypersensitivity symptoms. The results suggest that Ayurvedic *Panchkarma* and holistic management can effectively modulate immune response, reduce allergic manifestations, and improve overall quality of life. This case highlights the potential role of Ayurveda as a complementary approach in chronic hypersensitivity disorders, warranting further controlled clinical studies.

INTRODUCTION

Sheeta Pitta is a Sanskrit term that means "cold Pitta" or "Pitta associated with coldness." In Ayurveda, *Sheeta Pitta* refers to a condition characterized by an imbalance of the *Pitta dosha*. This imbalance is often associated with hypersensitivity or allergic reactions in the body. In Ayurvedic terms, *Sheeta Pitta* is correlated with conditions like urticaria (hives).^[1] Urticaria, a common skin disorder affecting approximately 20% of the population worldwide, is characterized by the sudden appearance of raised, red, itchy welts or bumps on the skin. These welts are caused by localized dermal edema, which is often centrally white due to the masking of local blood supply.^[2] Urticaria is a skin

condition characterized by raised, red, itchy welts or bumps. These welts are caused by localized dermal edema, which is often centrally white due to the masking of local blood supply, secondary to an increase in capillary permeability. Urticaria is commonly classified into acute and chronic forms. Acute urticaria lasts less than 6 weeks, while chronic urticaria persists for more than 6 weeks.^[3] Acute urticaria may be associated with angioedema of the lips, face, tongue, throat, and in rare cases, wheezing, abdominal pain, headaches, or anaphylaxis.

Causes of Urticaria

The causes of urticaria can be varied, and include: **Autoimmune:** Antibodies that cross-link the IgE receptor on mast cells.

Allergens: Found in foods, inhalants, and contact allergens like latex and animal saliva.

Physical Stimuli: Factors such as heat, cold, pressure, sun, sweat, and water.

Infections: Intestinal parasites, hepatitis, etc.

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Symptoms of Urticaria

Common symptoms include skin eruptions resembling hives, redness, itching, swelling, and in some cases, a burning sensation. Symptoms often worsen with exposure to allergens, cold air, or specific foods.

Ayurvedic Treatment for Urticaria^[4]

The Ayurvedic treatment of *Sheeta Pitta* focuses on balancing the *Doshas* (primarily *Pitta* and *Vata*) and alleviating symptoms such as itching, redness, and swelling. This treatment involves a combination of internal and external therapies, dietary modifications, lifestyle changes, and Ayurvedic medicines. Regular monitoring of symptoms and *Doshic* balance is essential. Adjustments are made based on the patient's response and seasonal variations. This holistic approach addresses the root causes of *Sheeta Pitta* while preventing recurrence.

Dosha Interaction and Movement

- *Vata* aggravation disturbs the normal flow of *Pitta*.
- Aggravated *Pitta*, characterized by heat and inflammation, interacts with *Kapha*, which introduces cold and moist properties.
- This abnormal interaction results in hypersensitivity of the immune system and inflammatory or allergic reactions, especially in the skin and blood (*Rakta Dhatu*).

Samprapti of Sheetapitta^[5]

Nidana (etiological factors) external factors: Exposure to cold (*Śheeta Sparśha*), wind (*Vata*) and cold climate, cold water bath, cold foods and drinks. Internal factors: *Viruddha Ahara* (incompatible foods), *Guru, Snigdha, Madhura Ahara* (heavy, oily, sweet foods), allergy-prone foods (fish, milk with sour items, fermented foods), stress, anxiety, Suppression of natural urges

↓
Agni Mandya (Impaired digestive fire)

↓
Ama Utpatti (Formation of metabolic toxins)

↓
Dosha Prakopa (*Dosha* aggravation): *Vata Dosha* (due to cold and wind exposure), *Kapha Dosha* (due to heavy and cold foods), *Pitta Dosha* (in chronic or severe cases)

↓
Rakta Dushti (Vitiation of blood tissue)

↓
Srotodushti (channel dysfunction): *Rasavaha Srotas*, *Raktavaha Srotas*, *Tvak* (skin) involvement

↓
Vyakti (clinical manifestations): *Śheeta Pitta Mandala* (urticarial wheals), *Kandu* (itching), *Toda* (pricking pain), *Daha* (burning sensation), *Śhotha* (swelling), *Raga* (redness)

Case Report

A 50-year-old female with a known history of fatty liver (*Yakṛt Vikara*), hypersensitivity (*Ati Samvedana / Asatmyaja Vikara*), and *Vata Vyadhi* presented to Jeena Sikho Lifecare Limited Hospital, Ajmer, Rajasthan, on 23/12/2024. The patient was

Causative Factors (Nidana)

Common *Nidana* (causative factors) include:

- Excessive consumption of hot, spicy, sour, or fermented foods (aggravating *Pitta*) and cold or stale foods (aggravating *Kapha*).
- Sudden exposure to cold air, cold water, or temperature changes.
- Contact with allergens like pollen, dust, or specific foods.
- Psychological factors, such as stress and anxiety, which aggravate *Vata*.

Involvement of Dhatus (Body Tissues)

- **Rasa Dhatu (Plasma):** Becomes vitiated first, carrying allergens and nutrients.
- **Rakta Dhatu (Blood):** Affected next, leading to inflammation and hypersensitivity reactions, including redness and rashes on the skin.
- **Twak (Skin):** The site of manifestation, showing symptoms like itching, redness, and swelling.

Role of Agni (Digestive Fire)

Impaired *Jatharagni* (digestive fire) contributes to the formation of *Ama*, which circulates in the body, further disturbing the *Doshas* and contributing to hypersensitivity.

abdominal pain (*Udar Śhūla*), constipation (*Vibandha*), disturbed sleep (*Anidra*), and anxiety (*Cittodvega*). These symptoms indicated a predominance of *Vata* and *Kapha Doṣha* vitiation along with impaired *Agni* and disturbed *Manovaha Srotas* function.

Vitals during the initial examination visit on 23/12/2024.

1. Blood Pressure: 110/70 mmHg
2. Pulse Rate: 78/min
3. Weight: 63 kg

Table 1: Astha-vida Pariksha on the first-day visit of the patient

Parameters	Findings
Nadi (pulse)	Vatapittaj
Mala (stool)	Malavashtambha (constipation)
Mutra (urine)	Avikrita (normal)
Jiwha (tongue)	Saam (coated)
Shabda (speech)	Spashta (clear)
Sparsha (touch)	Anushna Sheeta (moderate temperature)
Drika (vision)	Vikrita (pallor)
Akriti (appearance)	Madhyam (moderate)

Interventions^[6]

Ahara Krama: The dietary guidelines provided by Jeena Sikho Lifecare Limited Hospital included the following:

a. Do's and Don'ts

1. Avoid eating after 8 PM.
2. Take a small bite of solid food and chew it 32 times to aid proper digestion and nutrient absorption.
3. Do not consume wheat, refined food, milk, milk products, coffee, tea, and packed food.

b. Jala Sevan (water intake)

1. Take small sips of water.
2. Drink about 250ml of alkaline water 3 to 4 times a day.
3. Consume herbal tea 300ml twice daily. To prepare 300ml of herbal tea, combine 2 cloves (*Trifolium pratense*), 2 cardamom pods, 10 black pepper seeds (*Piper nigrum*), 5gm cinnamon sticks (*Cinnamomum verum*), and a half teaspoon of fennel seeds (*Foeniculum vulgare*) with hot water.
4. Drink red juice taken in quantities of 100-150ml.
5. Green juice taken in quantities of 10gm each, 200ml water added, ground in a mixer grinder, filtered, and consumed in a quantity of (100-150ml).
6. Living water: The approach involves a three-tiered filtration system using clay pots, each serving a specific purpose to purify and energize the water: Top Pot: Fill this pot with a mixture of small and large river stones, followed by charcoal made from burning wood. This layer acts as an initial filter, removing larger impurities. Middle Pot: Place a similar mix of stones here. Additionally, add *Moringa* seed powder (also known as drumstick or

"Sahjan" powder), a silver vessel, a copper vessel, and *Rudraksha* (*Elaeocarpus angustifolium*). *Moringa* seeds are known for their natural water-purifying properties, while silver and copper are believed to enhance the quality of water. Bottom Pot: This pot remains unaltered and serves as the collection chamber for the purified water. Advised to drink as per the need.

7. Boil 2 litres of water to reduce it to 1 litre and consume.

c. Aim to drink 1 litre of alkaline water daily (Procedure as follow)

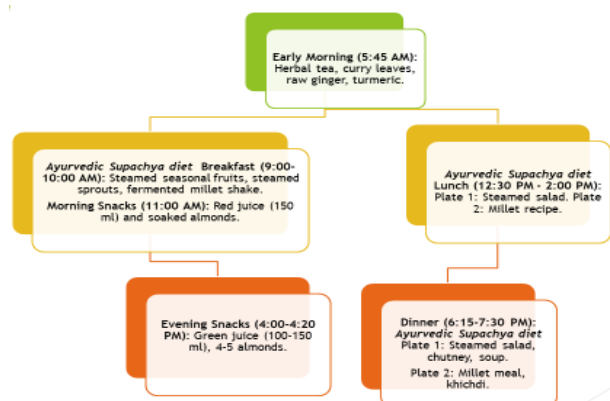
1. Setup the glass jug: Fill a clean jug with fresh drinking water.
2. Add copper vessel: Place a copper vessel or glass inside the jug.
3. Infuse flavors: Add slices of carrot, cucumber, and lemon to the water.
4. Add herbs: Include ginger slices, mint leaves, and coriander leaves.
5. Optional spice: Add a slice of green chili for added flavor.
6. Let it sit: Allow the mixture to sit for 12 hours.
2. Add *Amalaki* (*Emblica officinalis*) and basil (*Ocimum tenuiflorum*): After 6 hours, add 3-4 pieces of *Amalaki* and a handful of Basil leaves. Let it infuse for 6 hours.
3. Ready to drink: 3 to 4 times a day in divided portions

d. Shooka Dhanya Sevan

1. Incorporate five types of millet into diet: (*Priyangava*) Foxtail (*Setaria italica*), (*Śyamaka*) Barnyard (*Echinochloa esculenta*), (*Kodrava*) (*Paspalum scrobiculatum*) and Browntop (*Urochloa ramosa*).

- Use only steel cookware for preparing the millets.
Cook the millets only using mustard oil.

e. Ayurvedic and Disciplined & intelligent Person's diet (DIP) includes



f. Fasting

One-day fasting per week.

g. Special Instructions

- Express gratitude to the divine before consuming food or drinks.
- Sit in *Vajrasana* (a yoga posture) after each meal.
- 10-minute slow walk after every meal.

h. Diet Types

- The diet comprises low-salt solid, semi-solid, and smoothie options.
- Suggested foods include herbal tea, red juice, green juice, a variety of steamed fruits, fermented millet shakes, soaked almonds, and steamed salads.

Lifestyle Recommendations

- Include *Dhyana* (meditation) for relaxation.
- Engage in Yoga (*Sukhasana* and *Sukshma pranayama*) from 6:00 AM to 7:00 AM.
- Practice barefoot brisk walking for 30 minutes.
- Ensure 6-8 hours of quality sleep each night.
- Adhere to a structured daily routine.

Panchkarma Therapy

1. Shirodhara with Dhanwantram and Brahmi Oil^[7]

Procedure: Brahmi oil at 40° Celsius was continuously poured on the forehead (*Ajna chakra*) for 45 minutes. The volume of the oils taken was 500ml each, out of which approximately 100ml per day was consumed in this *Shirodhara* procedure in one sitting.

2. Kashaya Basti with Punarnava and Gokshur^[8]

Procedure: The roots of *Gokshur* (*Tribulus terrestris*) and *Punarnava* (*Boerhavia diffusa*), were taken in quantity of 50gm each and 20gm of fennel (*Foeniculum vulgare*) Kalka boiled with 1600ml of water, reduced to 400ml, and filtered. Rock salt :10gm was mixed with Honey: 40ml, and stirred hard till frothing. 30ml of *Ksheerbala Taila* was taken and the mixture of honey and rock salt mixed with the decoction of *Gokshur* and *Punarnava*, totalling a volume of 480ml. The patient was positioned on his left side with his right knee flexed to his abdominal wall and the left knee fully extended. The enema apparatus was sterilized, the enema tube was lubricated for easy administration. The lukewarm *Gokshur* and *Punarnava Niruha Basti* (480ml) was gently introduced into the rectum using the enema tube. The patient was asked to retain the liquid as long as comfortably possible.

3. Avagha Swedana upto Navel^[9]

Procedure: The patient was immersed up to the navel in a tub of warm water. Sweating was encouraged by maintaining the water temperature at 42°C. The procedure was recommended to be followed for 40 minutes.

4. Lepam with Dashmool^[10]

Procedure: The patient's body is first cleansed with lukewarm water before applying the *Lepam*. *Dashmool* is made into a paste by mixing with suitable medium like warm water or ghee. This paste is applied as a thick layer over the patient body. The application is kept undisturbed until it dries partially, allowing the medicinal properties to penetrate through the skin. After 30 minutes, it is gently removed and the area is cleaned. This therapy helps in reducing pain, inflammation, stiffness, and promoting local healing.

5. R.P.S (Ruksha Pinda Pottali Swedan)^[11]

Procedure: *Ruksha Pinda Potli Swedan* is a type of dry fomentation (*Swedan*) used in Ayurvedic therapy, specifically employing *Ruksha* (dry), hot *boluses* (*Pottalis*) to relieve stiffness, heaviness, swelling, and conditions related to *Kapha* and *Meda* (fat) aggravation.

Table 2: Vitals During (IPD)

Date	B.P (mmHg)
4/1/25	130/90
5/1/25	100/80
6/1/25	118/80
7/1/25	122/80
8/1/25	116/80
9/1/25	120/80
10/1/25	130/70
11/1/25	140/80

12/1/25	130/90
13/1/25	120/90
14/1/25	110/80

Shaman Chikitsa

Based on the clinical evaluation, a detailed and patient-specific medication protocol was devised, as outlined in Table 3.

Table 3: Medicines Advised during Treatment from (4/1/25 to 14/1/25)

Medicine	Ingredients	Therapeutic Effects	Dosage with Anupana
Maha Charam Rog Har Vati	<i>Gandhak (Sulphur), Amalaki (Phyllanthus emblica), Bibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Guduchi (Tinospora cordifolia), Sonth (Zingiber officinale dried ginger), Guggul (Commiphora wightii), Nagkesar (Mesua ferrea) Pippali mool (Piper longum), Tejpatra (Cinnamomum tamala), Badi Elaichi (Amomum subulatum), Choti Elaichi (Elettaria cardamomum), Nisothe (Operculina turpethum), Danti (Baliospermum montanum)</i>	Promotes <i>Vrana Ropana</i> (wound healing), acts as <i>Rakta Shodhaka</i> (blood purifier), aids in <i>Pidaka</i> and <i>Vrana Shotha</i> (abscess and inflammation), and helps manage <i>Vata-Pittaja Vatarakta</i> (gout and elevated uric acid).	1 Tablet BD (<i>Adhobhakta</i> with <i>Koshnajala</i>) (After meal with lukewarm water)
Divya Shakti Powder	<i>Trikatu (Piper nigrum (Kali Mirch), Piper longum (Pippali), and dried Zingiber officinale (Saunth), Triphala (Haritaki (Terminalia chebula), Bibhitaki, (Terminalia bellirica) and Amalaki (Phyllanthus niruri), Nagarmotha (Cyperus rotundus), Vidanga (Embelia ribes), Chhoti Elaichi (Elettaria cardamomum), Tej Patra (Cinnamomum tamala), Laung (Syzygium aromaticum), Nisothe (Operculina turpethum), Sendha Namak, Dhaniya (Coriandrum sativum), Pippali Mool (Piper longum root), Jeera (Cuminum cyminum), Nagkesar (Mesua ferrea), Amarvati (Achyranthes aspera), Anardana (Punica granatum), Badi Elaichi (Amomum subulatum), Hing (Ferula assafoetida), Kachnar (Bauhinia variegata), Ajmod (Trachyspermum ammi), Sazzikhar, Pushkarmool</i>	It improves digestive function and metabolism of the body through its <i>Deepan-pachan</i> properties. Helps in body detoxification via <i>Virechan</i> (purgation).	Half a teaspoon HS (<i>Nishikal</i> with <i>Koshna jala</i>) (at bed time)
Charm Rog Har Vati	<i>Amla (Phyllanthus emblica), Bibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Giloy (Tinospora cordifolia), Sonth (Zingiber officinale), Guggul (Commiphora wightii), Pippali mool (Piper longum), Nisothe (Operculina turpethum), Danti (Baliospermum montanum)</i>	Aids in <i>Vrana Ropana</i> (wound repair), acts as <i>Rakta Shodhana</i> (blood purification), supports <i>Vidradhi Shamana</i> (abscess management), provides <i>Shothahara Guna</i> and helps in <i>Vatarakta & Mutra Ashmari Shamana</i> (uric acid arthritis)	1 Tablet BD (<i>Adhobhakta</i> with <i>Koshnajala</i>)
Blood Purifier Syrup	<i>Khair chaal (Acacia catechu), Devdaru (Cedrus deodara), Haldi (Curcuma longa), Bibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Amla (Phyllanthus emblica), Dashmool, Dhamasa (Fagonia Arabica), Sariva (Hemidesmus indicus), Amba haldi (Curcuma amada), Kutki (Picrorhiza kurroo), Chirata (Swertia chirayita), Rasaut (Berberis aristata), Satyanashi (Argemone mexicana), Madhu (Madhuca indica), Shaker</i>	Supports <i>Twak Poshna</i> (skin nourishment), boosts <i>Vyadhikshamatva</i> (immunity)	20ml BD (<i>Adhobhakta</i> with <i>Sam matra Koshna jala</i>)

RESULTS

The comparison table demonstrates a significant reduction in the severity of all presenting symptoms following Ayurvedic treatment. Complaints such as *Pratisyaya*, *Śarīra Śūla*, *Daurbalya*, *Udar Śūla*, *Vibandha*, *Anidra*, and *Cittodvega* showed marked improvement or complete relief, indicating effective symptomatic management.

These findings suggest that the therapeutic interventions helped in balancing the aggravated *Doshas* and improving the patient's overall clinical condition and quality of life.

Table 4: Comparison of Patient's Complaints Before and After Treatment

Before Treatment Complaints	After Treatment
Runny nose (<i>Pratishyaya</i>) ^[12]	Relieved
Body ache (pain score 5/10) (<i>Śarīra Śhūla</i>) ^[13]	Improved (0–1/10)
Generalized weakness (<i>Daurbalya</i>) ^[14]	Relieved
Abdominal pain (<i>Udar Śhūla</i>) ^[15]	Relieved
Constipation (<i>Vibandha</i>) ^[16]	Improved (regular bowel movements)
Disturbed sleep (<i>Anidra</i>) ^[17]	Improved
Anxiety (<i>Cittodvega</i>) ^[18]	Reduced / relieved

Following the Ayurvedic treatment, the patient's pre and post-intervention evaluations, shown in Table 4, show a notable improvement in clinical parameters. Immunoglobulin E (IgE) levels dropped sharply to 99.0 IU/mL by 15/1/25, after being elevated at 900 IU/mL on 1/12/24.

Table 5: Pre and Post-Intervention Assessment of the Patient

Parameters	Findings	
Date	1/12/24	15/1/25
IgE	900 IU/mL	99.0 IU/mL

DISCUSSION

A 50-year-old female with a known case of fatty liver (*Yakṛt Vikara*), hypersensitivity (*Ati Samvedana/ Asatmyaja Vikara*), and *Vata Vyadhi* was admitted to Jeena Sikho Lifecare Limited Hospital, Ajmer, Rajasthan, for comprehensive evaluation and Ayurvedic management. At presentation, the patient exhibited symptoms including *Pratishyaya*, *Śarīra Śhūla* (pain score 5/10), *Daurbalya*, *Udar Śhūla*, *Vibandha*, *Anidra*, and *Cittodvega*. These clinical features suggested predominant vitiation of *Vata* and *Kapha Doṣha*, along with impaired *Agni* and involvement of *Manovaha Srotas*. The symptomatology reflects systemic metabolic disturbance and psychosomatic involvement, which are commonly observed in chronic hepatic and hypersensitivity disorders.

Nidana (Etiological Factors) of *Śheetā Pitta*

Śheetā Pitta is primarily caused by the consumption of incompatible, cold, heavy, and allergenic foods such as fish, curd, fermented items, and refrigerated foods, along with exposure to cold wind and water. Psychological factors like stress and anxiety also contribute to *Doṣha* imbalance.^[19] These factors lead to vitiation of *Vata* and *Kapha Doṣhas* with associated *Pitta* involvement, resulting in hypersensitivity reactions and skin manifestations. Repeated exposure to allergens and improper lifestyle practices further aggravates the condition and precipitate recurrent episodes.

Samprapti (Pathogenesis) of *Śheetā Pitta*

The *Samprapti* of *Śheetā Pitta* begins with exposure to *Nidana* factors that vitiate *Vata* and *Kapha Doṣhas*, along with secondary *Pitta* involvement. Vitiating *Doṣhas* circulate through *Rasavaha* and *Raktavaha Srotas*, leading to *Srotorodha* and impaired *Agni*. The *Doṣhas* localize in the *Tvak* (skin) and *Rakta Dhatu*, producing symptoms such as itching, wheals, erythema, and edema. This *Doṣha-Duṣhya Sammurchana* results in recurrent hypersensitivity reactions characteristic of *Śheetā Pitta*.^[20]

Diet and Lifestyle Recommendations (*Ahara-Vihara*) in *Śheetā Pitta*

In *Śheetā Pitta*, the dietary regimen should focus on pacifying *Vata* and *Kapha Doṣhas* while maintaining *Agni*. The patient is advised to consume warm, light, and easily digestible foods such as old rice, wheat, green gram (*Mudga*), red rice, cooked vegetables, ghee, and herbal decoctions like coriander and cumin. Bitter and astringent vegetables such as neem, patola, and bottle gourd are beneficial due to their *Pitta*-pacifying and blood-purifying properties. Excessively cold, heavy, oily, spicy, fermented, and allergenic foods such as curd, seafood, eggs, fried foods, sour fruits, packaged foods, and carbonated drinks should be avoided as they aggravate *Doṣhas* and trigger hypersensitivity reactions.^[21] Lifestyle modifications include avoidance of cold exposure, dust, pollen, stress, and known allergens. Regular practice of *Dinacharya*, adequate sleep, stress management through *Pranayama* and meditation, and avoidance of *Vega Dharana* (suppression of natural urges) are recommended. Gentle physical activities such as yoga and walking help in maintaining *Doṣhic* balance and improving circulation. Mental relaxation and avoidance of anxiety and anger are essential, as psychological stress can precipitate urticarial episodes.

Panchkarma mode of action

The administered *Panchkarma* therapies acted synergistically to pacify aggravated *Doṣhas*, improve *Srotas* patency, and enhance systemic detoxification. *Shirodhara* exerted neuro-calming and stress-reducing effects through modulation of the hypothalamic-pituitary axis, while *Kashaya Basti* facilitated

elimination of accumulated toxins and regulated *Vata Doṣha*, thereby improving systemic metabolism and renal/hepatic functions.^[22] *Avagha Swedana* and *Ruksha Pinda Pottali Swedana* promoted peripheral circulation, reduced stiffness, inflammation, and edema, and enhanced tissue metabolism.^[23] *Lepam* with *Daśamūla* provided anti-inflammatory and analgesic effects, supporting musculoskeletal and systemic healing. Overall, these interventions contributed to *Doṣha śamana*, *Agni deepana*, and *Rasayana*-like restorative effects.^[24]

Treatment Result

Ayurvedic treatments were effective in treating the patient's hypersensitivity and associated skin disorders. Inflammation, immune system dysregulation, and allergic responses are frequently linked to elevated IgE levels. The significant improvement indicates that the underlying causes of the elevated IgE levels were successfully addressed by the Ayurvedic treatments, such as the recommended Diet and *Panchkarma* therapies. Immunoglobulin E (IgE) levels significantly decreased from 900 IU/mL on 1/12/24 to 99.0 IU/mL on 15/1/25, which is a crucial marker that the Ayurvedic treatments were effective in treating the patient's hypersensitivity and associated skin disorders. Inflammation, immune system dysregulation, and allergic responses are frequently linked to elevated IgE levels. Immuno-regulating, anti-inflammatory, and antioxidant qualities probably assisted in reducing the heightened immunological response associated with allergic disorders. The comparative assessment revealed a marked reduction in the severity of all clinical symptoms following Ayurvedic intervention. Symptoms including *Pratiśyaya*, *Śarīra Śhūla*, *Daurbalya*, *Udar Śhūla*, *Vibandha*, *Anidra*, and *Cittodvega* showed significant improvement or complete resolution, indicating effective symptomatic relief. These outcomes suggest that the treatment regimen contributed to the normalization of aggravated *Doṣhas* and resulted in an overall improvement in the patient's clinical status and quality of life.

Need for Further Research

Large-scale, randomized controlled trials are especially necessary to better understand the long-term effects and effectiveness of Ayurvedic therapy on skin problems and hypersensitivity. To confirm their modes of action, ideal dosages, and treatment durations, research should concentrate on particular formulations and *Panchakarma* therapies.^[25] The scientific knowledge of Ayurveda and its potential as a complementary or alternative treatment for immunological and skin-related conditions would be improved by such research.

CONCLUSION

This case study highlights the successful role of Ayurvedic management in a 50-year-old female patient with *Śheeta Pitta* (urticaria) associated with Fatty Liver, hypersensitivity, and *Vata Vyadhi*, treated at Jeena Sikho Lifecare Hospital, Ajmer, Rajasthan. The integrative Ayurvedic approach, including *Panchkarma* procedures such as *Shirodhara*, *Kashaya Basti*, *Avagha Swedana*, *Ruksha Pinda Pottali Swedana*, and *Daśamūla Lepam*, along with dietary and lifestyle modifications, resulted in significant clinical and immunological improvement. A marked reduction in serum IgE levels was observed, decreasing from 900 IU/mL to 99 IU/mL, indicating effective modulation of the hypersensitivity response. Additionally, clinical symptoms such as *Pratiśyaya*, *Śarīra Śhūla*, *Daurbalya*, *Udar Śhūla*, *Vibandha*, *Anidra*, and *Cittodvega* showed substantial improvement or complete resolution, reflecting restoration of *Doṣhic* balance and improved systemic health. The *Panchkarma* therapies likely contributed to *Doṣha śamana*, *Srotas śodhana*, *Agni deepana*, and immunomodulatory effects, thereby reducing allergic manifestations and enhancing overall quality of life. This case suggests that Ayurvedic therapies, particularly *Panchkarma*, can be effective as a holistic and complementary approach in managing hypersensitivity and chronic systemic disorders. However, larger clinical trials are warranted to validate these findings and establish standardized therapeutic protocols.

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